

[PDF] Strength For Life: The Fitness Plan For The Rest Of Your Life

Shawn Phillips - pdf download free book

Books Details:

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Author: Shawn Phillips

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Description:

Review Advance praise for Strength for Life

“Strength training is unsurpassed in its ability to create superbly sculpted muscles and increase balance, strength, and stamina while ridding the body of unwanted fat. Shawn Phillips has developed an outstanding holistic program that will help you to reach these goals quickly—regardless of age or current fitness level. His unique mind-body approach keeps you constantly motivated, enabling you to achieve true strength for life.”

—Nicholas Perricone, M.D., F.A.C.N., author of The Perricone Weight-Loss Diet

“This is the first book to take you through a 12-week transformation and beyond. It’s like finally hearing the rest of the story. In week 13 and afterward, you set yourself for a lifetime of strength and fitness.”

-Lynn Lingenfelter, 1997 Body-for-LIFE co-grand champion

“Strength for Life is truly fantastic! This is a book and a message that every single person can identify with and be inspired by.”

-Larry North, founder, Larry North Fitness Clubs

“Do you want to be in control of your life? If you do, the answers are in the pages of Strength for Life. This book illustrates the difference between exercise and training. Now my mind is right and my body is ready, and so far each session has been more productive. It reminded me of why we seek to be fit, and seek the ultimate goal of our lives.”

-G. Porter Freeman, 1997 Body-for-LIFE co-grand champion

“Strength for Life is a superb handbook on physical transformation, leading to a complete life transformation, a novel and tremendously effective technique. Highly recommended!”

-Ken Wilber, author of The Integral Vision

“Shawn Phillips is the epitome of form following function. There is no need to suffer through exercise when you hack away the inessentials and focus on what really matters: Strength.”

-Timothy Ferriss, author of The 4-Hour Workweek

About the Author Shawn Phillips is CEO of Phillips Performance Nutrition, maker of the world’s premium total-nutrition shakes. He lives with his wife, son, and daughter in Golden, Colorado.

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